



# What To Do In The First Few Seconds Of An Injury

Knowing what to do in the first few seconds is crucial for response.

## Causes of injuries include:

- Explosions
- Inundations (inrushes of deadly gases and floods of water)
- Fires

*Despite the decline of dangerous injuries in high hazard workplaces, “every year, more than 4.1 million workers suffer a serious job-related injury or illness” (OSHA).*

## The safety of employees depends on factors such as:

- Knowledge of the ever-changing environment
- Hazard recognition and response
- Training
- Communication
- Experience

During injury response, these factors constitute the outcome. If an injury or dangerous situation occurs, every second counts. Initial reaction is critical to the final results.

The following are major first aid keys for all employees in high hazard environments:

### 1. Danger Management

Some injuries are dangerous while others become dangerous while providing the care. Always assess the nature of the injury for better management.

### 2. Personal Safety

Ensure that both you and the injured person(s) are at a safe location. If not, establish safeguards to the site or relocate the wounded to a safer place before administering first aid.



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### 3. Qualified Personnel

In case of a dangerous scene, let the qualified personnel accompany and assist you.

### 4. Get Help

If you are uncertain or emotionally unstable, get help immediately. Do not attempt first aid or rescues you haven't been duly trained to perform.

### 5. Raise Alarm

In case of an injury, raise the alarm immediately to signal others to protect themselves as well.

### 6. Treat and Stabilize

Before you move an injured person, treat and stabilize them first. If the need arises to move the wounded, do so safely and quickly.

### 7. Apply ABC

Airway, Breathing, and Circulation should be your priority when administering initial first aid to an injured person. Open the airway and adjust the patient to a recovery position.

### 8. Stop and Prevent Bleeding

Apply pressure slightly with anything clean, so you may soak blood from the affected area until the bleeding stops.

### 9. Burns

Place the injured person in a comfortable position, assure him or her of your assistance and that more help is on the way. Get a clean wet cloth and compress the burn to prevent further damage to the skin.



Making sure your team is properly managed and consistently practicing safety measures is the first step to preventing any type of injuries on site. Nonetheless, if injuries do occur, the preparation for response is vital. Make sure your team is aware and familiar with the proper procedures in order to provide prompt response.

***Preparation and training are critical for prevention and management of on-site injuries.***

